

# *Leadership Training for Consumer and Family Advisory Committees 2008*

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**Friday & Saturday  
February 29 - March 1, 2008**

**Hawthorne Inn & Conference Center  
420 High Street  
Winston-Salem, North Carolina**

Division of Mental Health, Developmental Disabilities, and Substance Abuse Services  
Advocacy and Customer Service Section





# LEADERSHIP TRAINING for CONSUMER and FAMILY ADVISORY COMMITTEES (CFACs)

## **Conference Objective: LEADERSHIP STRATEGIES**

The main objective of this conference is to educate CFACs on topics directly related to their responsibilities in accordance with NCGS 122C-170 and 171:

The CFAC shall undertake all of the following:

- ♦ Review, comment on, and monitor the implementation of the local business plan,
- ♦ Identify service gaps and underserved populations;
- ♦ Make recommendations regarding the service array and monitor the development of additional services;
- ♦ Review and comment on the area authority or county program budget;
- ♦ Participate in all quality improvement measures and performance indicators; and,
- ♦ Submit to the State Consumer and Family Advisory Committee findings and recommendations regarding ways to improve the delivery of mental health, developmental disabilities, and substance abuse services.

The State CFAC shall undertake all of the following:

- ♦ Review, comment on, and monitor the implementation of the State Plan for Mental Health, Developmental Disabilities, and Substance Abuse Services;
- ♦ Identify service gaps and underserved populations;
- ♦ Make recommendations regarding the service array and monitor the development of additional services;
- ♦ Review and comment on the State budget for mental health, developmental disabilities, and substance abuse services;
- ♦ Participate in all quality improvement measures and performance indicators;
- ♦ Receive the findings and recommendations by local CFACs regarding ways to improve the delivery of mental health, developmental disabilities, and substance abuse services; and,
- ♦ Provide technical assistance to local CFACs in implementing their duties.

## **Conference Sessions:**

The State Consumer and Family Advisory Committee (SCFAC) and local CFACs across the state have been instrumental in developing these conference topics. Members from both groups provided suggestions and program topics by way of survey input. Each session is designed to strengthen Consumer and Family Advisory Committees' effectiveness.

We would like to thank each of the presenters for taking the time to share their knowledge and experience on key topics with conference attendees.

**Friday**  
**February 29, 2008**

8:00 – 9:00 am

**Conference Registration**

*Sycamore Foyer*

9:00 – 10:30 am

**Opening Session**

**Cindy Hopkins–Gibson, Special Assistant to Medical Director at the Texas Department of State Health Services**

*Sycamore Ballroom*

10:30 – 10:45 am

**Break**

*Sycamore Foyer*

10:45 – 12:00 pm

**Breakout Sessions**

- ♦ **Show me the money: Division – Kent Woodson**

*Sycamore I*

- ♦ **Basics of Quality Management – Val Bradley**

*Sycamore II*

- ♦ **How to understand reports and data – Steve Day**

*Laurel Learning Center*

- ♦ **How to find and plan for crisis services – Bonnie Morell & Suzanne Bellian**

*Sycamore III*

- ♦ **Role of SCFAC – Carl Britton–Watkins**

*Poplar*

12:00 – 1:00 pm

**Lunch**

**Sycamore Ballroom**

1:15 – 2:15 pm

**Breakout Sessions**

- ♦ **What does the LME do? – Mark O'Donnell**

*Laurel Learning Center*

- ♦ **Understanding choice of services – Cindy Ehlers**

*Sycamore I*

- ♦ **Single stream funding– Kent Woodson**

*Sycamore II*

- ♦ **Recruiting CFAC members – Wes Rider**

*Sycamore III*

- ♦ **Ways for SCFAC and local CFACs to communicate –**

**Kathy Crocker, Marian Spencer & David Taylor, Jr.**

*Poplar*

2:15 – 2:30 pm

**Break**

**Sycamore Foyer**



**Friday, February 29, 2008  
(continued)**

2:30 – 3:30 pm

**Breakout Sessions**

- ♦ **What does the LME do? – Mark O'Donnell**  
*Laurel Learning Center*
- ♦ **What does an Area Board do? – Mark Botts**  
*Sycamore I*
- ♦ **Overview of Crisis Intervention Training– Bob Kurtz**  
*Sycamore II*
- ♦ **Housing Plan for the State – Julia Bick & Angela Harper**  
*Sycamore III*
- ♦ **What Happens to CFAC When LMEs merge? (example satellite or sub-committees) – Jim Greer & Suzanne Bellian**  
*Poplar*

3:30 – 3:45 pm

**Break**

*Sycamore Foyer*

3:45 – 4:45 pm

**Breakout Sessions**

- ♦ **How a CFAC can accomplish statutory requirements – Cathy Kocian**  
*Sycamore I*
- ♦ **Examples of LME involvement of consumers/families in statute requirements (i.e. gap analysis, budget review, crisis planning) – Carla Alston-Daye, Sharon Youse, Debbie Jenkins & Alex Vazquez**  
*Sycamore II*
- ♦ **How to find and plan for crisis services – Bonnie Morell & Suzanne Bellian**  
*Sycamore III*
- ♦ **Communication and relationships between LME and CFAC – Jim Greer, Arthur Carder, & Leslie Huntley**  
*Poplar*
- ♦ **What you need to know about DMA and Value Options – Bert Bennett**  
*Laurel Learning Center*

6:00 – 8:00 pm

**Cookout**

**World Café**

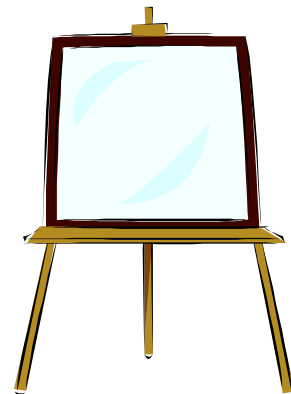
**Learning from the experts: educate me about your disability –**

**Jim Greer & Wes Rider**

*Sycamore Ballroom*



***Raffle Drawing to be held  
in the Sycamore:  
Sponsored by SCFAC***



**Saturday  
March 1, 2008**

9:00 – 10:15 am

**Opening Session**

**Mike Moseley, Director**

**Division of Mental Health, Developmental Disabilities and Substance Abuse Services**

*Sycamore Ballroom*

10:15 – 10:45 am

**Break**

*Sycamore Foyer*

10:45 – 12:00 pm

**Breakout Sessions**

- ♦ **Basics of Quality Management – Val Bradley**  
*Sycamore I*
- ♦ **How to understand reports and data – Steve Day**  
*Laurel Learning Center*
- ♦ **Show me the money: LME – Kevin Beauchamp**  
*Sycamore II*
- ♦ **Communication and relationships between LME and CFAC – Jim Greer, Arthur Carder & Leslie Huntley**  
*Sycamore III*
- ♦ **Ways to involve consumers and family members in the LME – Libby Jones**  
*Poplar*

12:00 – 1:00 pm

**Lunch**

**Sycamore Ballroom**

1:15 – 2:15 pm

**Breakout Sessions**

- ♦ **Where does employment fit in recovery? – Lisa Jackson**  
*Laurel Learning Center*
- ♦ **How a CFAC can accomplish statutory requirements – Cathy Kocian**  
*Sycamore I*
- ♦ **Challenging your LME – Cindy Ehlers**  
*Sycamore II*
- ♦ **Impact of consumer/family input on MH/DD/SAS – Grayce Crockett & Chris Phillips**  
*Sycamore III*
- ♦ **How CIT works in an LME – Chris Wassmuth & John Ely**  
*Poplar*

2:15 – 2:30 pm

**Break**





**Saturday, March 1, 2008  
(continued)**

2:30 – 3:30 pm

**Breakout Sessions**

- ♦ **Understanding choice of services – Cindy Ehlers**  
*Sycamore I*
- ♦ **Single-stream funding: LME – Michael Watson**  
*Sycamore II*
- ♦ **Advocacy Organizations: consider our viewpoints –**  
**Andrea Stevens & Kathy Crocker**  
*Laurel Learning Center*
- ♦ **Collaboration with Community Stakeholders – Dr. Yolanda Burwell**  
*Sycamore III*

3:30 – 3:45 pm

**Raffle drawing and conclusion of conference**

***Raffle Drawing to be held in the Sycamore:  
Sponsored by SCFAC***



***Thank you for your participation in  
the Leadership Training for CFACs***



## **Conference Presenters**

### **Carla Alston-Daye**

Carla Alston-Daye is the Director of Consumer Affairs at the Durham Center. She serves as the liaison for the Durham CFAC. She has worked with the consumer population in Durham County for over 4 years advocating for consumers with complaints and concerns. She has assisted the public with information on behavioral health and directed them to the appropriate place when customer service cannot answer their question. As the director of Consumer Affairs, she has done a great deal of community outreach and education to inform the citizens of services provided and how to obtain services which they may be eligible for. She has a masters in Information Science and has worked in community service for over 14 years.

### **Kevin Beauchamp, Finance Director CenterPoint Human Services**

Kevin has been CenterPoint's Finance Director for three years. Prior to CenterPoint, he was the Internal Audit Manager for Forsyth County Government for twelve years. Kevin has a BA in Economics from UNC Chapel Hill and a BS in Accounting from High Point University. In addition, he is a licensed CPA and a NC Certified Local Government Finance Officer.

### **Suzanne Bellian, MBA, MHA**

Suzanne Bellian has an undergraduate degree in Psychology, a Master's degree in Business Administration and a Master's degree in Health Administration. She currently works for the Division of Mental Health, Developmental Disabilities and Substance Abuse Services on the Consumer Empowerment team. Suzanne has over twenty years experience in mental health in various capacities.

### **Bert Bennett, PhD**

Division of Medical Assistance, Clinical Policy Behavioral Health Section.

### **Julia Bick**

Housing Coordinator, Office of the Secretary, NC Department of Health and Human Services.

### **Mark F. Botts, J.D.**

Mark Botts is a lawyer and faculty member of the School of Government at The University of North Carolina at Chapel Hill. He specializes in mental health law and provides training, consulting and publications for public officials and employees. Subjects within his specialty area include civil commitment, confidentiality, client rights, psychotherapist liability, as well as the governance, finance and administration of public agency mental health services.

### **Val Bradley**

Employed with Human Services Research Institute and will be doing a presentation with Technical Assistance Center.

### **N. Yolanda Burwell, PhD Senior Fellow, NC Rural Center**

Dr. Burwell is a Senior Fellow with North Carolina Rural Economic Development Center where she is looking at barriers and incentives around economic opportunities. Prior to this position she taught social work for 25 years in undergraduate programs in Louisiana and North Carolina. Her research interests and publications are on social welfare history in African American communities and early female leaders and organizations. She has been a scholar-in-residence at five schools/departments of social work to speak on social work history and African American contributions. In addition to research and teaching, she has conducted numerous successful trainings and consultancies on team-working, cultural competence, conflict resolution and communication. Yolanda is a serious collector of African American postcards and photography books. She received her Ph.D. from Cornell University in 1982. She was awarded her MSW from Washington University in 1974 and her BSW from NC A&T State University in 1972.



## **Conference Presenters**

### **Arthur Carder**

In October of 2005 Arthur D. Carder, Jr., B.A., M.S.W., became the CEO of Western Highlands Network. Previously, Arthur had been the Regional Services Administrator for the State of Georgia's Division of Mental Health, Developmental Disabilities, and Addictive Diseases. Arthur has an extensive background in directing and developing group homes for the foster care of adolescents, residential treatment centers and community mental health centers in Florida and Iowa. Arthur is known by the Western Highlands CFAC members to be a friend of consumers and as a leader in empowering the mentally ill, developmentally disabled, and those with substance use disorders in self-determination and reaching their full human potential.

### **Kathy Crocker**

Kathy Crocker has been *Executive Director* of the Mental Health Association in Johnston County providing education and programs to reduce the stigma of Mental Illness since 2002. Kathy provides presentations to schools and organizations in the community to increase education and awareness of mental illness, developmental disabilities and substance abuse. Kathy provides training around the State as a Certified Master Trainer in A.S.I.S.T., Applied Suicide Intervention Skills Training, suicide intervention training for gatekeepers.

As *Regional Program Specialist* for the Mental Health Association in NC, Kathy has launched and sustained Steering Committees of the Association in Vance, Granville, Franklin, and Warren Counties by holding monthly meetings to meet the needs of the MH, DD, SA community. Kathy also provides technical support and programs in the community such as "Mental Aerobics" in the Senior Centers and Healthy Minds, Healthy Children; a Social Skills curriculum in the schools, as well as one on one advocacy with MH/DD/SA Consumers to improve their quality of life. Kathy was also integral in helping to develop a Suicide Prevention Policy for Franklin County Schools and launched the Yellow Ribbon Program, a suicide prevention program in Franklin County Middle Schools.

Johnston County Schools Counselors, Nurses, Social Workers and Psychologists have received A.S.I.S.T., Applied Suicide Intervention Skills Training. Students grades 4 thru 12 will be introduced to the Yellow Ribbon Program, a suicide prevention program in the 2007-2008 school year through a \$5,000 grant from Johnston County Schools.

Kathy does a lot of one on one advocacy in the communities she represents. Her family history has provided a plethora of experience growing up with a Mother and sister with Bipolar Disorder and having a son who was diagnosed with Bipolar Disorder at age 15 who is now 24 years old. Kathy has also battled situational clinical depression at various times in her life. Her family and personal experience provides her with the understanding and compassion required be an effective advocate.

### **Grayce M. Crockett, FACHE**

Grayce has a Masters degree in social work and a masters degree in Health Care Administration; She has been the Mecklenburg County Area Director since December 2001. Prior to that she was the Administrator of Presbyterian Orthopedic Hospital in Charlotte and a Vice President for Presbyterian Healthcare. She was the CEO of Holly Hill in Raleigh for 3 years and worked for Hospital Corporation of America for 19 years running inpatient psychiatric facilities.

### **Stephen L. Day, Executive Director Technical Assistance Collaborative, Inc.**

Stephen L. Day is co-founder and Executive Director of TAC. Steve has provided consultation and technical assistance to 35 states, over 100 local jurisdictions, and numerous national policy and advocacy organizations. The results of these consultations include comprehensive analyses of public mental health or human services systems; multi-year strategic plans; service system improvement and financing strategies; outcome and performance measurement systems; and organizational and human resource development plans. Prior to co-founding TAC, Steve had extensive public sector and non-profit management experience, first in the field of aging and then in the field of mental health.

### **Cindy Ehlers, MS, LPC Assistant Area Director of Clinical Operations East Carolina Behavioral Health LME**

Cindy wears many hats. She is both a professional and parent, navigating the system under transformation. Cindy has worked in mental health substance abuse and developmental disabilities for the past eighteen years. She is currently the Assistant Area Director for Clinical Operations at ECBH LME where she has been for the past 5 years. Cindy is dedicated to developing natural and community-based resources for people. She is also the liaison to the ECBH CFAC.





## **Conference Presenters**

### **John Ely**

John Ely received an MS and PhD degrees in Theoretical and Applied Mechanics in 1958 and 1963. John joined the faculty of NCSU as an Assistant Professor in 1963 with a split appointment between Engineering Science and Mechanics and Civil Engineering. He taught a variety of graduate and undergraduate courses in both departments, served as Secretary and Chairman of the Faculty Senate, Associate Dean of the School of Engineering, Secretary of NC Faculty Assembly and after 32 years retired in 1995. In 2002, John joined CFAC as a charter member, and he has worked on several projects including, the Wake County CIT program, by-laws, consumer IDs, and a CFAC web site.

### **Cindy Hopkins-Gibson**

Cindy Hopkins is the Special Assistant to Medical Director at the Texas Department of State Health Services. She has thirteen years of experience as a mental health consumer advocate at the community, state and national level. She has also been a direct recipient of mental health services since the age of 14 for bipolar disorder.

Cindy was the first Consumer Affairs Director for the Texas Department of Mental Health and Mental Retardation. She has served as Vice-Chair of the Board of Directors for the Texas Mental Health Consumers, a statewide consumer advocacy group. Additionally, she is the past Executive Director of Texas Mental Health Consumers.

At the national level, Cindy served as a member of the SAMHSA Mental Health System Improvement Project (MHSIP) Policy Group and was selected as one of the initial representatives to the SAMHSA National Advisory Committee Subcommittee on Consumer-Survivor Issues.

Cindy is the recipient of TDMHMR Rising Phoenix Award, a lifetime achievement award for consumer advocacy accomplishments. She is experienced in development and implementation of consumer-oriented services as well as outcome and performance measures for evaluation of mental health services. Cindy lives in Austin, Texas with her husband Greg, three wonderful school-aged children, and four troublesome cats.

### **Jim Greer, MS**

Jim is a member of the Consumer Empowerment Team of the Division of MH/DD/SAS. Jim has worked as an Assistant Deputy Superintendent in charge of Substance Abuse Treatment for a Medium Security Prison in Massachusetts, Vice President of Human Resources for ThermoSpas (the hot tub company), and Executive Director of a Spiritual Life Center in Western Massachusetts. One of the constants for Jim has been life in recovery for the past 31 years. Jim is married and has four grown children.

### **Angela Harper**

Housing Specialist, Division of Mental Health, Developmental Disabilities and Substance Abuse.

### **Leslie Huntley**

Leslie Huntley became a member/volunteer with NAMI in Florida about 20+ years ago. She served on the Board of the Jacksonville, Florida affiliate, holding the position of President for a term. While a legal secretary at Jacksonville Area Legal Aid in Jacksonville, she was able to help raise the awareness of their wonderful attorneys and Director so that when funds became available, a department was established to specifically serve the needs of those citizens suffering from mental illness and their families. She, her husband, and her daughter moved to their home in NC in 2002. Shortly thereafter, she was asked to represent Polk County on the then-forming CFAC, and has served on it since, co-chairing for the past 2-1/2 years. She is also a member of NAMI-FOUR SEASONS and serves as a State Trainer for NAMI's Family-to-Family Program, as well as a teacher of the course.

### **Lisa Jackson, BSW**

Lisa has been with the Division of Mental Health/Developmental Disabilities/Substance Abuse Services since May, 2004. She is on the Best Practice Team in the Community Policy Management Section. Lisa's background is in employment, specifically Supported Employment for people with disabilities. Lisa was with the Austin-Travis County Mental Health Mental Retardation Center in Austin, Texas prior to coming to North Carolina. In her position there, Lisa supervised a Supported Employment Team which served individuals with mental illness and developmental disabilities.



## **Conference Presenters**

### **Debbie Jenkins, MSW, LCSW, DCSW, BCD**

Debbie Jenkins is a MH Administrator at Cumberland County LME with over 30 years experience in the public mental health system. She is the Director of Quality Management and Customer Services, Child Specialist for the LME, Co-Chair of the Local Business Planning process for Cumberland County and staff liaison to Cumberland County CFAC. Debbie is a member of the N.C. Council of Community Programs Endorsement Committee, Rules Work Group, and Chair of the QI Forum. In addition, she is also a member of the Staff Qualifications work group and the Monitoring Tool Work Group of the Division of MH/DD/SAS. Debbie serves as the Chair of the Community Protection/Child Fatality Prevention Committee for Cumberland County, is a member of the Juvenile Crime Prevention Council and Board member of the Child Advocacy Center.

### **Libby Jones**

Libby is a consultant/trainer with UNCG and the Center for Youth, Family and Community Partnership. She co-taught an interdisciplinary system of care class for six years at UNCG as well as authoring a chapter in a system of care text book. Libby also helped to develop a training curriculum used statewide—Child and Family Teams from the Families Perspective—A Cross System Approach and Facilitator training, as well as a trainer of the curriculums. Libby is a nationally certified WRAP trainer (trained by Mary Ellen Copeland) and a certified Train the Trainer of WRAP. In addition, she is a Peer Support Specialist trainer and also a Trainer for the Federation of Families for Children's Mental Health.

Libby presently sits on many committees, locally, statewide and even nationally. She also serves on her local CFAC committee since its inception in 2002 and has been on the State CFAC for a year.

### **Cathy Kocian, MA**

Cathy Kocian is a Mental Health Program Coordinator for the Consumer Empowerment Team, Division of MH/DD/SAS. Cathy's work experience consists of Community Relations, Events Management and Advocacy. In addition, Cathy has a writing background in developing training materials, newsletters, written documents, and web page design. Her current role has expanded over the years and has allowed her an opportunity to work on the past Rights and Empowerment Conferences, and Leadership training conference. In addition, Cathy's ADA knowledge provides her with the necessary skills to assist people who need accommodations in order to work on various state committees.

### **Bob Kurtz**

Dr. Kurtz has an extensive background in the field of public mental health. He received a bachelor's degree in social work and master's degree in rehabilitation counseling from the University of Iowa, and an M.A. and Ph.D. in clinical psychology from the University of Louisville. He's worked in public mental health systems in five states before coming to work for the Division of Mental Health in North Carolina. His work experience includes employment as a psychologist in a psychiatric prison facility in Kentucky, as a case manager on an Assertive Community Treatment (ACT) team in Minnesota, as a clinical director of a mental health center in Tennessee where he supervised the public mental health services in a six county area, and operated a successful private practice. He's served many roles in his six years with the NC Division of Mental Health, including that of clinical director of crisis services and acting chief of the Advocacy, Client Rights, and Quality Improvement section of the Division. As part of the mental health system reform effort, he led a team to revamp the Division's outcome data collection systems and processes. During the past four years, he has initiated and administered various projects for adults with mental illness and criminal justice involvement in North Carolina.

### **Bonnie Brown Morell**

Bonnie Morell is the Best Practice Team Leader for the Community Policy Management Section in NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services, Raleigh, NC. Bonnie attended the University of North Carolina, School of Public Health, Dept. of Health Policy & Administration, Public Health Leadership Program Chapel Hill, NC and received her Doctor of Public Health in 1994.

Professional Organizations and Activities

Licensed Clinical Social Worker (NC) 1998-present

Academy of Certified Social Workers 1975-present

## **Conference Presenters**

### **Michael Moseley**

Michael Moseley was appointed, effective April 1, 2004, as the Director of the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services by Department of Health and Human Services Secretary Carmen Hooker Odom. In this capacity, he is responsible for the administrative oversight of the state's system of services to persons with mental illness, developmental disabilities and substance use disorders. This includes the management of 12,000 employees and a budget of \$2.7 billion, and the provision of services to more than 350,000 individuals served in 15 state facilities as well as through local governmental entities throughout the state.

During his 31-year career in state government, Mr. Moseley has served the NC Division of MH/DD/SAS as the Director of Caswell Center in Kinston, as the Director of the NC Special Care Center in Wilson, and as Assistant Director of Cherry Hospital in Goldsboro. He has also served as the Head of the Residential Services Branch of the Developmental Disabilities Services Section as well as the founding Chief of both the Division's Thomas S. and Crisis Services Sections.

Mr. Moseley is a dedicated volunteer who has served, and continues to serve, on numerous state, regional and local boards and commissions. He was appointed by Governor Michael Easley in 2001 to serve on the NC Commission on Workforce Development and in 2005 to the NC Council on Developmental Disabilities. He has served as Chairman of the Kinston-Lenoir County Chamber of Commerce and the Lenoir County Education Foundation, as well as President of the Lenoir-Greene United Way, the Nu Iota Chapter of the Alpha Phi Alpha Fraternity, and the Caswell Center Foundation; and on the Executive Committees of the Lenoir Committee of 100 and the East Carolina Council, Boy Scouts of America. He has also served on the Boards of Directors of the Eastern NC Chapter of the Alzheimer's Association, the NC Autism Foundation, the NC Community Living Association, the Lenoir County Economic Development Department, the Lenoir County Chapter of the American Red Cross, the Kinston Community Council of the Arts, and the Board of Trustees of the St. Augustus AME Zion Church.

Mr. Moseley currently serves on the Board of Directors of the National Association of State Mental Health Program Directors, the Board of Visitors at the University of North Carolina at Chapel Hill, the Board of Visitors at East Carolina University, and the Advisory Council for the Ledonia Wright Cultural Center at East Carolina University. He is also a member and active supporter on many other organizations too numerous to name.

Mr. Moseley is a graduate of UNC-Chapel Hill, where he was recognized in 2000 as its "Outstanding Black Alumnus", and he received his graduate degree from East Carolina University. He is a previous recipient of the Arc of North Carolina's and the NC Community Living Association's Distinguished Services Award. Mr. Moseley has also been honored in "Who's Who in Business", "Cambridge Who's Who Among Executives and Professionals", "Personalities of the South", "Who's Who in the South and Southwest", and "Outstanding Young Men of America". Among the most prestigious of his many awards and honors was his selection as Kinston-Lenoir County's 2004 "Citizen of the Year" and recognition by the Kinston Free Press as one of the "125 Most Important Lenoir County Citizens from 1882 - 2007".

He is a native of Kinston and married to the former Cassandra Gail Lane. They are the proud parents of one son, Michael Jeremy, who is a Health Policy and Administration graduate of UNC-Chapel Hill's School of Public Health and is currently enrolled in the East Carolina University's Public Health graduate school program.

### **Mark J. O'Donnell, M.P.H.**

Mark O'Donnell is a member of the DMH/DD/SAS Local Management Entity Team working in the Central Region of the state to aid LMEs and providers in moving towards the goals indicated in the State MH/DD/SAS Plan. He has a Master's degree in Public Health, and prior to his present position, directed three federal Center for Mental Health Services grants for the state of North Carolina establishing the initial System of Care sites and efforts on which child and adolescent mental health efforts present in the State Plan are now based. He also was the State Director for the Mental Health Association in Hawaii and so has knowledge of the provider end of service provision, in addition to the state perspective. He has two adopted children, both of whom had mental health challenges.



## **Conference Presenters**

### **Chris Phillips**

Chris Phillips is the Section Chief of the Advocacy and Customer Service Section of the Division of Mental Health, Developmental Disabilities and Substance Abuse Services. In this capacity, Chris ensures rights protection, consumer empowerment and complaint response for recipients of services and family members in North Carolina.

Prior to assuming his role with the Division, Chris worked as a substance abuse professional in the Department of Correction providing chemical dependency treatment to inmates suffering from addiction disease. He himself has been in recovery from addiction disease for over 24 years and has worked in a variety of roles as an advocate for people with disabilities for many years.

### **Wes Rider**

Wes graduated with a Bachelors Degree in Social Work from East Carolina University in 1993. Wes joined the Consumer Empowerment Team of the NC Division of Mental Health in 2004. Prior to joining the Division he worked in a variety of roles in the field of Social Work including: as a Direct Support Worker with Community Living of Wilmington; an Employment Specialist with Bay Area Community Services of Oakland California; an Administrator of an Adult Day Health Program serving people with Developmental Disabilities in Haleiwa, Hawaii and a Qualified Mental Retardation Professional with Carobell Inc. of Hubert NC.

Wes currently works in support of Consumer and Family Advisory Committees in the Eastern and South Central Region of North Carolina. He maintains a commitment to support, strengthen and amplify the voice and perspective of people who are consumers and family members in the design, implementation and evaluation of the mental health system in North Carolina.

### **Marian Spencer**

Marian is a member of State SCFAC and serves as chair of the SCFAC Communications Sub-committee which recently published the CFAC Data Report. She is very interested in improving communication between SCFAC and the CFACs in order to promote better advocacy with local and state government. She is a former Director of Admissions at Bridgewater State College (MA) where her duties included assisting access for students with disabilities and learning disabilities.

### **Andrea Stevens**

Andrea has advocated 18 years for the rights of citizens with varying abilities, is a current State CFAC member as well as a Pbh CFAC member. Andrea has been a resident of North Carolina for 21 years and supports the reform, best practices, self determination and person-centered solutions.

### **David Taylor, Jr.**

David Taylor, Jr. is 24 years old and is a SCFAC member who also serves on his local Crossroads CFAC. He is an employee of Gillett Evernham Motorsports (NASCAR team) and the owner of RaceCAR Waterboy, LLC. He attends Mitchell Community College. He is a NC DD Council Member, APSE board member, TASH committee member on supported employment, Youth 4 Advocacy (UNC project) member, NCLYN member and is very active in the community in Kawanis and Civitan.

### **Alex Vazquez**

Alex Vazquez is the Chairperson of the Cumberland County CFAC. He is a recent graduate of Fayetteville State University with a Bachelor of Science degree in Business Administration. Alex serves on the quality management committee of the LME and is working to improve the quality and accessibility of MH DD SAS services in his community. Alex has served on the CFAC committee since its inception in 2002.

## **Conference Presenters**

### **Chris Wassmuth, LCSW**

Chris Wassmuth is the CIT coordinator for Wake County. She has a BS degree in Psychology for Queens College and a Masters degree in Counseling from Long Island University. She relocated to NC from New York City almost 20 years ago and has never regretted it! She has worked in a variety of mental health settings including inpatient in a State psychiatric hospital in NYC and community outreach worker. She managed the 24 hour Crisis Program in Wake County for almost 10 years. She has been with the Wake CIT partnership since its inception and is instrumental in helping other counties across the state develop CIT programs in their areas.

### **Carl Britton-Watkins**

Mr. Carl Britton-Watkins is Chair of the State Consumer and Family Advisory Committee (SCFAC). He is retired from full-time employment and is also a retired U.S. Marine. He served as Director of the Rockingham County Substance Abuse Program and Executive Director of the Durham Council on Alcoholism and Drug Addiction Council and several other supervisory positions across N.C. and Virginia.

Mr. Watkins has a Bachelor's degree and is a Masters Candidate. He is married and he and his wife have five grown children and twelve grandchildren. One older daughter was killed tragically several years ago.

He has presented at many conferences and workshops including Addiction Professionals of N.C.(APNC), N.C. AHECs, N.C. Rights and Empowerment, Danville Memorial Hospital, Danville, VA, and many others. He has been a member of many N.C. committees including the Substance Federation where he served two years as chair, Coalition 2001, APNC Board of Directors and Prevention Committee Chairman, Statewide Prevention Advisory Committee, State Appeals and Rights Committee and both local and state CFACs. He has received organizational awards for recognition and service.

Mr. Watkins is a Licensed Professional Counselor and a Licensed Clinical Addictions Specialist. He is a recovering alcoholic and a Disabled Veteran from the Vietnam Nam Campaign. He has family members with Bi-Polar Disorders and depression.

### **Michael Watson**

Chief Executive Officer, Sandhills Center.

### **Kent Woodson**

Kent has been working with the Division of MH/DD/SAS for 10 years. He has been a budget officer working with community program budgets for the last 8 years, and previously had worked with both the Thomas S. and the Developmental Disability sections as a statistician. Kent received a BA in Political Science and an MA in Public Policy Analysis from West Virginia University.

### **Sharon Youse**

Sharon has been a trainer and group facilitator for 30 years. She graduated in 1978 with an AAS Degree in Mental Health from a program with a strong emphasis in personal growth through individual and group work. She has had extensive additional training in the areas of developmental disabilities, crisis intervention, Gentle Teaching, Mental Health Recovery and WRAP (Wellness Recovery Action Plan).

Ms. Youse has 25 years experience supporting children, adults and families with developmental disabilities. In 1996, she had a sudden onset of mania and was diagnosed with bi-polar disorder. After several difficult years, an opportunity to train to be a Peer Support Specialist Trainer presented itself and life took a new and exciting turn. In 2005, Sharon took the lead role in the development of The Triangle Empowerment Center, in Durham North Carolina. There, Peer Specialist provide support through structured and unstructured activities; people are encouraged to be active in their recovery. Ms. Youse continues to provide training to center participants and community consumers.



# Special Thanks to the Following Organizations and Staff for their Contributions to Make this Training a Success!

<b>Carla Alston-Daye</b>	<b>Cindy Ehlers</b>	<b>Mark O'Donnell</b>
<b>Beaufort Bailey</b>	<b>John Ely</b>	<b>Chris Phillips</b>
<b>Suzanne Bellian</b>	<b>JoAnn Leary-Eason</b>	<b>Ann Remington</b>
<b>Stuart Berde</b>	<b>Kerry Lynn Fraser</b>	<b>Wes Rider</b>
<b>Brookstown Inn</b>	<b>Tisha O'Neal-Gamboa</b>	<b>Salem Inn and Suites</b>
<b>Kevin Beauchamp</b>	<b>Tracy Ginn</b>	<b>Janie Shivar</b>
<b>Bert Bennett</b>	<b>Jim Greer</b>	<b>Jesse Sowa</b>
<b>Julia Bick</b>	<b>Sharon Guss</b>	<b>Marian Spencer</b>
<b>Mark Botts</b>	<b>Angela Harper</b>	<b>State Consumer and Family Advisory Committee</b>
<b>Val Bradley</b>	<b>Hawthorne Inn &amp; Conference Center</b>	<b>Andrea Stevens</b>
<b>Wilda Brown</b>	<b>Cindy Hopkins-Gibson</b>	<b>Justin Stevens</b>
<b>Terry Burgess</b>	<b>Human Services Research Institute</b>	<b>Glenda Stokes</b>
<b>Dr. Yolanda Burwell</b>	<b>Charles Hester</b>	<b>Technical Assistance Center (TAC)</b>
<b>Arthur Carder</b>	<b>Leslie Huntley</b>	<b>David Taylor, Jr.</b>
<b>CenterPoint Human Services</b>	<b>Lisa Jackson</b>	<b>Novella Vaughan-Applewhite</b>
<b>Gladys Christian</b>	<b>Debbie Jenkins</b>	<b>Chris Wassmuth</b>
<b>Zach Commander</b>	<b>Libby Jones</b>	<b>Carl Britton-Watkins</b>
<b>Bill Cook</b>	<b>Ron Kendrick</b>	<b>Michael Watson</b>
<b>Kathy Crocker</b>	<b>Cathy Kocian</b>	<b>Kent Woodson</b>
<b>Grayce Crockett</b>	<b>Bob Kurtz</b>	<b>Visit Winston Salem</b>
<b>Stephen Day</b>	<b>Local Consumer and Family Advisory Committees</b>	<b>Alex Vazquez</b>
<b>Carol DeBerry</b>	<b>Bonnie Morell</b>	<b>Sharon Youse</b>
<b>Judy Dempsey</b>	<b>Michael Moseley</b>	
<b>Danine Edwards</b>		



State of North Carolina  
Department of Health and Human Services  
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260 copies of this public document were printed at a cost of \$873.60 or \$3.36 each. 2/08

